

Motor Development and Skill Acquisition Assignment

Create three drills which address the three stages of learning. In a one page write-up

Provide a brief description of each drill, key skill being addressed and how you are evaluating students. Link your drill directly to the stages of skill acquisition.

Students may choose a skill from; Hockey, Soccer, Volleyball or Basketball

Nov 25-7:38 AM

What are we looking for -

- Shifting weight b/w feet from front → back
- break apart - let racket sit on shoulder
- Swing arm when the ball is at its apex
- follow through (in the direction you want the ball to go)
- ↳ follow through foot

Drill 2 - Associative

- Practice motion w/ the ball. • point your feet in the direction you want the ball to go
- gives you the muscle memory

Drill 3 - Autonomous

- follow through

Depth perception and direction

- hitting ~~missing~~ targets (forward/backwards and left/right)
- ↳ get ball in kiddie pool moves around - goes in the back corner

Drill 1 - cog.

- throw the ball up and shift weight to back foot while breaking apart. (don't hit the ball but its important to notice when the ball reaches its apex)

Nov 25-2:33 PM

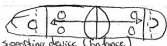
Hockey Action - shooting

3 Stages: Cognitive
Associative
Autonomous

Cognitive

- Ideal stance
- Pushing backwards, not side-to-side
- No bending at the ankles
- Arm motion
- Head up
- Not holding on to boards or supporting device (balance)
- Single strokes, not double boots
- Able to stand on their feet
- Stick on the ice

Drill: Shooting from one blue line to the other, grab/pull the rope



Associative

- Side/away stop, not pizza
- Able to stop on both sides
- Fast stopping (from movement)
- Turning (wide turns)
- Pivots
- Lower C of M for greater stability
- Long stride length (generating strong deceleration)

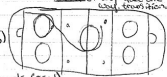
Drill: Figure 8's

- Keeping feet, bent knees
- head up, long stride length
- low C of M, synchronized arm motion

Autonomous

- Crossovers
- Backwards skating (C-CUS)
- Backwards crossovers
- Stepping backwards
- Transitioning backwards to forwards (pivot)

Drill: Mirror drill one hand, one foot



Nov 25-2:34 PM

How to Pass a Soccer Ball

1st → right way to kick ball in front

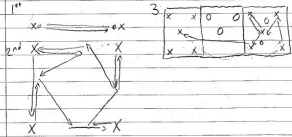
- ↳ placement of foot on ball
- ↳ weight of foot
- ↳ kicking ball - stop

2nd → how to control ball in front

- ↳ how to receive ball
- ↳ how to run w/ ball
- ↳ receiving while in movement

3rd → kicking in power (awareness)

- ↳ power, while moving
- ↳ in action - receive and pass accurately
- ↳ right time to kick for ball
- ↳ When to pass and what type of pass is required



Nov 25-2:34 PM

Nov 28-11:12 AM